

What is claimed is:

1. A method of rejuvenating skin comprising the steps of:
assessing the skin to be rejuvenated; and
selecting a proper program for a chosen treatment paddle, which is one of a variety of treatment paddles or components selectively attachable to a handheld device; the handheld device having an internal motion mechanism for imparting desired motion to the chosen treatment paddle for a predetermined length of time and in accordance with the selected program.

2. The method of claim 1 in which the paddle is chosen so that it is configured to impart mechanical motion to the skin to be rejuvenated so that a tissue generation cascade is initiated or facilitated at the dermis of the skin.

3. An apparatus for rejuvenating skin comprising:
an ergonomically shaped handheld device comprising internal motion generating structure for imparting desired motion to a distal treatment component at a distal tip thereof, and a distal tip surface having a connection element for connecting the treatment component with the distal tip, and an actuatable motion generator and control element; the treatment component having a first portion designed for connection with a motion generating subsystem of the internal motion generator through the connection element, and a second portion having a shaped configuration and a first and second surface, wherein the second portion is configured so that the first surface will contact the skin in a manner suitable for imparting desired motion to the skin for a predetermined length of time and in accordance with a selected program to facilitate rejuvenation of the skin.